

Dietary Restrictions for Patients Taking MAOI Medication

You are being treated with a medication called an MAOI (monoamine oxidase inhibitor). Several foods and beverages that contain tyramine should be avoided because they may interact with your MAOI medication.

You must follow the dietary instructions below, from the day before you start taking the MAOI medication until two weeks after you stop taking it. Always confirm this diet with your treating physician.

Foods must be fresh or properly frozen. If you are not sure how a food has been stored, do not eat it.

<i>FOODS TO BE AVOIDED</i>	<i>FOODS ALLOWED</i>
<p><i>Cheese</i> All matured or aged cheeses (this includes all types of cheese except those listed to the right). All casseroles made with matured or aged cheeses, (e.g., lasagna).</p>	<p><i>Cheese</i> Fresh cottage cheese, cream cheese, ricotta cheese, mozzarella cheese and processed cheese slices. All fresh milk products that have been stored properly (e.g., sour cream, yogurt, ice cream).</p>
<p><i>Meat, Fish, and Poultry</i> Fermented/dry sausage: salami, mortadella, summer sausage, etc. Improperly stored meat, fish, or poultry. Improperly stored pickled herring.</p>	<p><i>Meat, Fish, and Poultry</i> All fresh packaged or processed meat (e.g., chicken loaf, hot dogs), fish, or poultry. Store in the refrigerator immediately and eat as soon as possible.</p>
<p><i>Fruits and Vegetables</i> Banana peel (banana pulp is allowed). Fava or broad bean pods (not beans).</p>	<p><i>Fruits and Vegetables</i> All other fruits and vegetables (including banana pulp).</p>
<p><i>Beverages</i> All On-Tap beer</p>	<p><i>Beverages</i> Alcohol No more than two bottled or canned beers or two 4 fl. oz. glasses of red or white wine per day. This applies to non-alcoholic beer also. Please note that red wine may produce headaches unrelated to a rise in blood pressure.</p>
<p><i>Miscellaneous</i> Marmite concentrated yeast extract</p>	<p><i>Miscellaneous</i> Other yeast extracts (e.g., Brewer's yeast)</p>

Sauerkraut	Pizza without aged cheeses (mozzarella is OK)
Soy sauce and other soybean condiments	Soy milk, tofu

This list is provided by Sunnybrook as a guideline to assist patients in their selection of foods that will constitute their diet while on MAOI's.

Patients should always seek professional advice on the appropriate diet for their particular circumstances.

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